

# **GETTING EVERYONE INVOLVED HILLSIDE ELEMENTARY SCHOOL**

## **PROBLEM OVERVIEW**

At Hillside Elementary, we were trying to figure out ways to involve everyone—regardless of their age or their social status. We came up with different ways that the staff and the students, along with their families, could be more physically active. Our school has the largest elementary population and thus we have the largest obesity problem with our students. The staff knows that they need to lead by example and really implement some changes in their lives as well as trying to suggest it to their students.

## **PROGRAM/ACTIVITY DESCRIPTION**

When our staff learned about our goal, they really jumped on board and came up with ways that they could utilize what we have here as well as what they could do to encourage the kids. We implemented some new programs this year and really have seen the kids want to challenge themselves more. The kids really like the recognition of working towards such a good goal. One of our new programs this year was a walking program through our library. The students get to use a MP3 player and walk around the halls listening to recorded books. Twelve laps equal one mile, so that is their challenge—how many miles does it take to listen to a book? The next new program we placed was a monthly walk to school program. This program allows students to walk, get recognized involve their family and then get rewarded. We send out reminders once a month to the kids and eventually we hope that they will want to walk on their own. Our last exciting program came from the teachers' desires themselves. They implemented afterschool adult basketball, volleyball, dodgeball, and other cardio activities. They get together and do yoga, fitness activities, and other fun challenges. They really want to get involved more at promoting health lifestyles and witnessing this to their students. They come to me and ask me if the things they are doing is helping us pursue a "gold environment." It is all so encouraging to me and to the principal of our school to see the staff and the students really want our school to become a healthy place to be.

## **PROGRAM/ACTIVITY OUTCOMES**

We would like to continue to add changes and programs to our building and activities. We would like to find ways to incorporate the public, the parents, and just use more outside resources and really set a good example. We are working toward goals of installing outside "fitness centers," as well as one day having an indoor staff area. These are long-term goals, but we hope that through the determination of the students and the staff we can continue to work at the activity level of our building and overall health of the students and staff.

## **CONTACTS**

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